



MAY 2019

# News From the View

## Pleasant View Senior Center-The Center of it All

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m. – 4 p.m. | 413.525.5436



### MAY HIGHLIGHTS

#### ELDER LAW INFORMATIONAL SESSION

**Wednesday, May 8th at 11:15**

Your path to pay for elder care may involve Medicaid and Medicare and supplemental programs like PACE and Veteran's Aid and Attendance. Hear how these resources fit with your current Estate Plan at the 2019 Elder Law Education Program sponsored by the Mass Bar Association and the National Academy of Elder Law Attorneys with guest speaker John L. Roberts, a Certified Elder Law Attorney.



#### SENIOR HEALTH AND FITNESS DAY

**Wednesday, May 29th**

Try a new exercise class or our fitness center for the first time and tell us about your experience. Everyone who joins will receive a pedometer (while supplies last).



***One lucky winner will have their new fitness experience featured in our July newsletter.***

### APRIL IN REVIEW



**743 Volunteer Hours**



**970 Meals Delivered**



**396 Lunches Served**



**54 Food Pantry Visits**

### RESOURCES REPORT

#### OPEN PANTRY

*This month we are looking for:*  
**Cereal, Tuna Fish, Canned Chili and Beef Stew, Toiletries, Ziti, Elbows and Penne Pasta, Pasta Sauce and Crackers.**

*Please check the expiration dates, we can only accept donations of food that have not expired!*

**Thank you everyone for your continued support and generous donations!**



#### MONTHLY ONSITE HOUSING OFFICE HOURS

Each month Danell Tavella, Director of Community Services, will be holding office hours in the Community Room of the housing developments. She will be available to answer questions regarding assistance programs.

#### **May's Schedule**

**Inward Commons:** Tuesday, May 7th from 2:00 -3:00

**Village Green:** Monday, May 6th from 12:00 - 1:00

**Quarry Hill:** Monday, May 13th from 1:30 - 2:30



## EXERCISE

### BOSU CLASS with Lissa

**\*\*Please  
check  
with Lissa  
before  
your first  
class**

Tue 8:30 A.M.

Thur 8:30 A.M.

**Card Needed**

### EXERCISE CLASS with Lissa

M/W/F 8:30 A.M.

Mon/Thur 10:45 A.M.

**Card Needed**

### TAI CHI HEALTH with Lissa

Tue 9:30 A.M.

Tue 10:30 A.M.

Wed 10:00 A.M.

Thur 9:30 A.M.

**New Beginners Tai Chi Fri 9:45**

**Starting May 10th**

**\*\* Must sign up in advance \*\***

**Sponsored by CareOne at Redstone**



### TAI CHI with Shay

*First Congregational  
Church*

Tue 9:00 A.M.

### CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

### CHAIR YOGA

with Marianne

Fri 2:00 P.M.

\$5 /Class

### ZUMBA GOLD & TONING

with Kelly Phillips

Mon 4:15 P.M.

\$5/Class

### LINE DANCING CLASS

with Debbie Tracy

Fri 4:00 P.M.

\$3/Class

## FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. A medical clearance form is required and orientation is necessary before use. Please schedule an appointment with our nurse Lissa.

Fitness cards are 20 visits for \$10, \$15 for out-of-town residents. *Age 90+ no charge*

## CLASS PAYMENTS

An Exercise Class card may be purchased for Lissa's Exercise and BOSU classes. There are two cards available: \$5 cards for 6 classes and \$15 cards for 18 classes. All payments will need to be made at the front office. Cards will be stamped after attending a class.

## HEALTH AND WELLNESS (525-5436)

### BLOOD PRESSURE

by appointment. with  
Lissa Fontaine, R.N.  
Ext. 1407

### BLOOD PRESSURE CLINIC

Free Screening by  
Comfort Plus Caregivers  
May 9th 9:00

### FOOTCARE/PEDICARE

by appointment 525-5436  
Cost is \$29, Home Visit \$50  
May 14th

### HEARING SCREENING

Free Screening by  
Baystate Hearing Center  
Call 525-5436 for Appt.  
May 15th

### MANICURES

by appointment 413-335-7422  
Cathy Rasid, LM  
May 2nd, 16th and 30th

### MASSAGE THERAPY

by appointment  
Christina Conti, LMT  
413-348-8370  
May 13th

### Alzheimer's/Dementia Caregiver Support Group

The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. The meeting is held at The Pleasant View Senior Center. For more information please call Lissa at 525-5436 ext. 1407.

***The May meeting will be held on the 15th.***





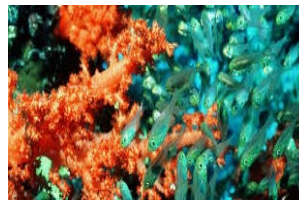
## MOVIES AND DOCUMENTARIES (MON. and TUES. 12:45 P.M.)



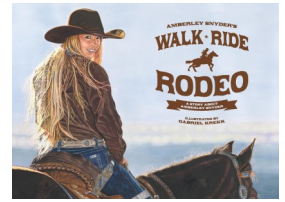
**Blue Planet:  
Seasonal Seas**  
May 6th  
48 Mins



**God Bless the  
Broken Road**  
May 7th  
1 hr 51 mins  
2018 PG



**Blue Planet:  
Coral Seas**  
May 13th  
48Mins



**Walk, Ride, Rodeo**  
May 14th  
1 hr 39 mins  
2019 TV-PG



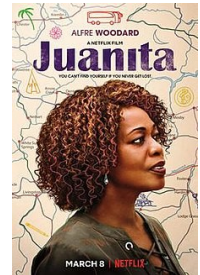
**Blue Planet:  
Tidal Seas**  
May 20th  
48Mins



**Triple Frontier**  
May 21st  
2 hrs 5 mins  
2019 R



**May 27th  
Center Closed  
No  
Documentary**



**Juanita**  
May 28th  
1 hr 30 mins  
2019 TV-MA

## RECREATION



### ART CLASS

Fridays 10:00 A.M. \$15

### BEAN BAG BASEBALL

Fridays 9:30 A.M.

### BILLIARDS

Mon–Fri 8:00 A.M. to 4:00 P.M.

Free Instruction Thursdays 10:00

### BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

Group Play (Spring—Fall)

Wednesdays 10:00

### BOOK CLUB

May 28th at 10:30

**Where the  
Crawdads Sing**  
By Delia Owens

### BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



### CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

### CHESS INSTRUCTION

call the office to schedule

### COMPASSION AND KINDNESS

May 10th at 1:00 P.M.

### COMPUTER CLASS

Wednesdays 1:00 P.M.

### FRENCH CLUB

Wednesdays 11:00 A.M.

### JEWELRY CLASS

May 6th at 9:30

\$3 + materials

### KNITTING CLASS

Thursdays 1:00 P.M. \$5

### MORNING GLORY

### WALKERS

Mon/Wed/Fri 8:00 A.M.



### NEEDLEWORK

Fridays 1:00 P.M.

### TRIVIA

Thursdays 10:00 A.M.

### CARDS AND GAMES



Canasta Thur 12:00 P.M.

Cribbage Wed/Fri 10:00 A.M.

Dominoes Fri 1:00 P.M.

Mah-jongg Tue/Fri 12:30 P.M.

Pitch Mon 12:30 P.M.

### FRIENDSHIP CLUB

May 2nd Bingo

May 9th Kentucky Derby

May 16th 90th Birthday Party

Entertainment by Laurie Festa

Gift sponsored by

Homewatch CareGivers

May 23rd \$5 Bingo

May 30th Entertainment by

The Melody Band



## MAY SPECIAL NOTES



### **BETTER BREATHER'S MONTHLY SUPPORT GROUP**

**Monday, May 6th at 2:00**

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease.

**Meetings will be held at The Pleasant View Senior Center the first Monday of every month at 2:00**

**Refreshments will be served**

Please RSVP by calling 413-224-3290

**Sponsored by CareOne at Redstone**



### **PROBLEM SOLVING PROCESS AND APPLICATION**

**Wednesday, May 22nd at 11:15**

Join Laura Fontaine, MSW, LICSW as she shows us how to resolve or minimize personal challenges by using a 4 step problem solving process which includes: identifying the problem, rethinking or changing perspective of the problem, accepting the outcome and learning mindfulness.



### **DOWNSIZING 101**

**Friday, May 24th at 11:00**

Moving can be overwhelming. From deciding how to begin the process of selling your home to what you need to have in place legally to do so. Come hear from local realtor, Rashmi Lis and Elder Care Law Attorney James Gregory some valuable takeaways you can use to help you prepare to sell your home and move into a new one.



**Thursday, May 23rd 10:30-12:00**

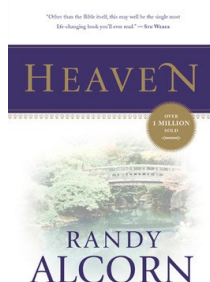
Stop by and see what great services the East Longmeadow Library has to offer!

### **"HEAVEN" BOOK STUDY**

**Fridays at 10:45**

Learn about Heaven and what the Bible has to say about it. The Co-Leaders for this group have asked that those who would like to join this study purchase their own copy of the book "Heaven" by Randy Alcorn.

Please call us at 525-5436 if interested in joining the book study.



### **COOKING DEMONSTRATION**

**Thursday, May 23rd at 10:00**

Join Amber Letourneau from the Food Bank of Western Mass as she shows us how to make delicious and easy to make healthy snacks and recipes. You will not only get to taste these yummy treats but you will also get to bring home a copy of the recipes.



### **STROKE AWARENESS AND BLOOD PRESSURE CLINIC**

**Wednesday, May 29th at 12:30**

It's National Stroke Awareness and Blood Pressure Education Month. Join us as representatives from Baystate Health educate us on the signs and prevention tips of a stroke. Stay after to have your blood pressure taken.

## ESSENTIAL SERVICES (525-5436)

### **LEGAL CONSULTATION LICENSE RENEWALS**

by appt. with  
Dave Carlson, Attorney  
May 21st

First-time online  
renewals only  
(ages 55-74)  
May 15th

### **SHINE**

#### **COUNSELOR**

Medicare Assistance  
by Appt. with Karen  
May 6th, 13th,  
20th and 23rd

### **VETERANS AGENT**

John Comerford  
413-267-4140  
Office hours  
Tue and Thur  
10:00 a.m. to 12:00 p.m.

# RESOURCE REPORT

## OPTIONS COUNSELING

**What is it?** Options counseling is a free service that assists people in making informed decisions about nursing home placement, living at home or living at other community settings with services.

**Who Qualifies?** People age 60 or older, people of any age who have any type of disability and caregivers qualify.

An Elder Care Advisor will work with you to help develop a long term plan, explore financial resources, make recommendations and more. **To connect with an Elder Care Advisor contact Greater Springfield Senior Services (GSSI) at 413-781-8800.**



## FEDERAL TRADE COMMISSION SCAM WARNING

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money. In one version of the scam, the caller says your Social Security number has been linked to a crime involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked, he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number. In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

### ***All of these are scams. Here's what you need to know:***

- The SSA will never call and ask for your Social Security number.
- The SSA will never ask you to pay anything or call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see on your caller ID.
- Never give your Social Security number to anyone who contacts you in this way. Do not confirm the last 4 digits. Do not give a bank account or credit card number to anyone that contacts you by phone asking for it.

***Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are!***


If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone and call the real SSA at 1-800-772-1213.

## SPONSORS

|   |  |
|---|--|
|  | Never overpay to sell your home<br>with my 3% and/or 4%<br>Commission Plan!<br><b>www.3or4plan.com</b> |
| Michael Robie, Real Estate Broker 413-575-7236                                      |  |

|   |
|---|
| <b>DAVID G. CARLSON</b><br>ATTORNEY AT LAW<br><i>Estate Planning • Wills &amp; Trusts • Probate of Estates<br/>Elder Issues</i><br>200 NORTH MAIN STREET • SUITE 6<br>EAST LONGMEADOW, MA 01028<br>Tel. (413) 525-1313 Fax (413) 525-7272 |
|---|

**Notary Public services are now available at**  
**The Pleasant View Senior Center.**  
Please call Danell Tavella at  
525-5436 ext. 1402




|  |  |
|--|--|
| <b>SKILLED NURSING AGENCY</b>  |  |
| <br>...exceptional care right at home<br><b>413-224-2615</b> | Providing in-home skilled<br>nursing, personal care,<br>and companion care |
| ComfortPlusCaregivers.com • Medicare & Private Pay Accepted  |  |





# Meal Calendar May 2019





| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <b>Lunch Begins at Noon</b><br><i><b>*Please reserve lunch 24 hours In advance by calling 525-5436</b></i><br><b>**Menu Subject to Change**</b> | <b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b><br><b>\$3.00 Lunch Donation is Appreciated</b> | <b>1</b><br>Chicken and Vegetable Dumpling Soup<br>Caesar Salad<br>Spinach and Carrots<br>Garlic Bread<br>Cinnamon Apples | <b>2</b><br>Roasted Turkey Breast<br>Mashed Cauliflower<br>Green Beans and Peppers<br>Peaches                     | <b>3</b><br>Fish N' Chips<br>Seasoned Fries<br>Coleslaw<br>Carrots<br>Oranges   |
| <b>6</b><br>Eggplant Parmesan with Meat Sauce over Penne<br>Carrots<br>Salads<br>Sliced Apples  | <b>7</b><br>Crustless Quiche<br>Broccoli and Peas<br>Sausage<br>Banana  | <b>8</b><br>Pork Roast<br>Fried Rice<br>Broccoli and Peppers<br>Pineapple   | <b>9</b><br>Chicken Legs<br>Mashed Potato and Gravy<br>Roasted Corn and Peppers<br>Strawberry Fruit Cup           | <b>10</b><br>Sweet and Sour Meatballs<br>Buttered Orzo<br>Broccoli, Carrots & Cauliflower<br>Pears                            |
| <b>13</b><br>Chicken Leg Menudo<br>Peas and Carrots<br>Celery and Potatoes<br>Oranges   | <b>14</b><br>Pork Sausage and Cheese Ravioli<br>Sautéed Cabbage<br>Celery<br>Apple Sauce  | <b>15</b><br>Roasted Turkey Breast Madras Curry<br>Squash and Green Beans<br>Mixed Fruit                                  | <b>16</b><br>Meatloaf with Gravy<br>Mashed Potatoes<br>Peas and Carrots<br>Desert provided by 90th Birthday Party | <b>17</b><br>Un-breaded Baked Pollock<br>Spinach and Artichokes<br>Rice Pilaf<br>Peaches                                      |
| <b>20</b><br>Ground Beef Stroganoff with Mushrooms<br>Broccoli and Peppers<br>Carrots<br>Pudding  | <b>21</b><br>Philly Cheese Steak with Gravy<br>3- Bean Salad<br>Corn<br>Fruited Jell-O  | <b>22</b><br>Honey Mustard Baked Chicken Breast<br>Double Baked Potatoes<br>Peas & Carrots<br>Peaches                     | <b>23</b><br>Shepard's Pie<br>Mashed Potatoes<br>Carrots and Green Beans<br>Corn and Peas<br>Banana               | <b>24</b><br>Roasted Turkey Breast Tetrzzini<br>Green Beans and Carrots<br>Cauliflower, Broccoli and Red Peppers<br>Fruit Bar |
| <b>27</b><br><b>CENTER CLOSED</b><br>                        | <b>28</b><br>Chicken Breast Adobo<br>Potatoes<br>Cabbage & Carrots<br>Peaches   | <b>29</b><br>Hearty Beef Stew with Potatoes and Celery<br>Carrots and Corn<br>Tomatoes<br>Oranges                         | <b>30</b><br>Veal Cutlet Parmesan<br>Penne<br>Green Beans and Carrots<br>Mixed Fruit Cup                          | <b>31</b><br>Sweet and Sour Chicken Breast<br>Brown Rice<br>Roasted Brussel Sprouts<br>Pineapple                              |



# Activities Calendar May 2019



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <p><b>* By Appointment</b></p> <p>To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</p>   |   | <p><b>1</b></p> <p>8:00 Rail Trail, Walkers<br/>8:30 Exercise Class<br/>9:00 Chair Exercise<br/>10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi<br/>11:00 French<br/>1:00 Chair Volleyball, Computer Class</p>   | <p><b>2</b></p> <p><b>Manicures*</b><br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:00 Billiards Lesson, Trivia<br/>10:45 Exercise Class<br/>12:00 Canasta<br/>12:30 <b>Bingo</b><br/>1:00 Knitting</p>   | <p><b>3</b></p> <p>8:00 Walkers<br/>8:30 Exercise Class<br/>8:45 Chair Exercise<br/>9:30 Bean Bag Baseball<br/>10:00 Art, Cribbage<br/>10:45 "Heaven" Study<br/>12:30 Mah-jongg<br/>1:00 Dominoes, Needlework<br/>2:00 Chair Yoga<br/>4:00 Line Dancing Class</p>   |
| <p><b>6</b></p> <p><b>SHINE*</b><br/>8:00 Walkers<br/>8:30 Exercise Class<br/>9:00 Chair Exercise<br/>9:30 <b>Jewelry Class</b><br/>10:45 Exercise Class<br/>12:30 Pitch, Pool League<br/>12:45 Documentary<br/>2:00 <b>Better Breather's Support Group*</b><br/>4:15 Zumba Toning</p> | <p><b>7</b></p> <p>8:00 Breakfast Club<br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:30 Tai Chi<br/>12:30 Mah-jongg<br/>12:45 Movie</p>                                  | <p><b>8</b></p> <p>8:00 Rail Trail, Walkers<br/>8:30 Exercise Class<br/>9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi<br/>11:00 French<br/>11:15 <b>Elder Law Information Session</b><br/>1:00 Chair Volleyball, Computer Class</p>   | <p><b>9</b></p> <p>8:30 Bosu Class<br/>9:00 <b>Blood Pressure Clinic</b><br/>9:30 Tai Chi<br/>10:00 Billiards Lesson, Trivia<br/>10:45 Exercise Class<br/>12:00 Canasta<br/>12:30 <b>Kentucky Derby</b><br/>1:00 Knitting</p>  | <p><b>10</b></p> <p>8:00 Walkers<br/>8:30 Exercise Class<br/>8:45 Chair Exercise<br/>9:30 Bean Bag Baseball<br/>9:45 Tai Chi<br/>10:00 Art, Cribbage<br/>10:45 "Heaven" Study<br/>12:30 Mah-jongg<br/>1:00 <b>Compassion and Kindness</b>, Dominoes, Needlework<br/>2:00 Chair Yoga<br/>4:00 Line Dancing Class</p> |
| <p><b>13</b></p> <p><b>Massage Therapy*, SHINE*</b><br/>8:00 Walkers<br/>8:30 Exercise Class<br/>9:00 <b>MGW Meeting</b><br/>10:45 Exercise Class<br/>12:30 Pitch, Pool League<br/>12:45 Documentary<br/>4:15 Zumba Toning</p>   | <p><b>14</b></p> <p><b>Pedicare*</b><br/>8:00 Breakfast Club<br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:30 Tai Chi<br/>12:30 Mah-jongg<br/>12:45 Movie</p>            | <p><b>15</b></p> <p><b>Hearing Screening*, License Renewal*, Support Group</b><br/>8:00 Rail Trail, Walkers<br/>8:30 Exercise Class<br/>9:00 Chair Exercise<br/>10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi<br/>11:00 French<br/>1:00 Chair Volleyball, Computer Class</p>                             | <p><b>16</b></p> <p><b>Manicures*</b><br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:00 Billiards Lesson, Trivia<br/>10:45 Exercise Class<br/>11:00 <b>Eric Lesser Rep.</b><br/>12:00 Canasta<br/>12:30 <b>90th Birthday Party with Laurie Festa</b><br/>1:00 Knitting</p>                              | <p><b>17</b></p> <p>8:00 Walkers<br/>8:30 Exercise Class<br/>8:45 Chair Exercise<br/>9:30 Bean Bag Baseball<br/>9:45 Tai Chi<br/>10:00 Art, Cribbage<br/>10:45 "Heaven" Study<br/>12:30 Mah-jongg<br/>1:00 Dominoes, Needlework<br/>2:00 Chair Yoga<br/>4:00 Line Dancing Class</p>                                 |
| <p><b>20</b></p> <p><b>SHINE*</b><br/>8:00 Walkers<br/>8:30 Exercise Class<br/>9:00 Chair Exercise<br/>10:45 Exercise Class<br/>12:30 Pitch, Pool League<br/>12:45 Documentary<br/>4:15 Zumba Toning</p>   | <p><b>21</b></p> <p><b>Legal Consultations*</b><br/>8:00 Breakfast Club<br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:30 Tai Chi<br/>12:30 Mah-jongg<br/>12:45 Movie</p> | <p><b>22</b></p> <p>8:00 Rail Trail, Walkers<br/>8:30 Exercise Class<br/>9:00 Chair Exercise<br/>10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi<br/>11:00 French<br/>11:15 <b>Problem Solving Presentation</b><br/>1:00 Chair Volleyball, Computer Class</p>  | <p><b>23</b></p> <p><b>SHINE*</b><br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:00 Billiards Lesson, Trivia, <b>Cooking Presentation</b><br/>10:30 <b>Ask a Librarian</b><br/>10:45 Exercise Class<br/>11:00 <b>Brian Ashe Rep.</b><br/>12:00 Canasta<br/>12:30 <b>\$5 Bingo</b><br/>1:00 Knitting</p> | <p><b>24</b></p> <p>8:00 Walkers<br/>8:30 Exercise Class<br/>8:45 Chair Exercise<br/>9:30 Bean Bag Baseball<br/>10:00 Art, Cribbage<br/>9:45 Tai Chi<br/>10:45 "Heaven" Study<br/>11:00 <b>Downsizing 101</b><br/>12:30 Mah-jongg<br/>1:00 Dominoes, Needlework<br/>2:00 Chair Yoga<br/>4:00 Line Dancing Class</p> |
| <p><b>27</b></p> <p><b>CENTER CLOSED</b></p>    | <p><b>28</b></p> <p>8:00 Breakfast Club<br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:30 <b>Book Club</b>, Tai Chi<br/>12:30 Mah-jongg<br/>12:45 Movie</p>               | <p><b>29</b></p> <p><b>Senior Health and Fitness Day</b><br/>8:00 Rail Trail, Walkers<br/>8:30 Exercise Class<br/>9:00 Chair Exercise<br/>10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi<br/>11:00 French<br/>12:30 <b>Stroke and Blood Pressure Clinic</b><br/>1:00 Chair Volleyball, Computer Class</p> | <p><b>30</b></p> <p><b>Manicures*</b><br/>8:30 Bosu Class<br/>9:30 Tai Chi<br/>10:00 Billiards Lesson, Trivia<br/>10:45 Exercise Class<br/>12:00 Canasta<br/>12:30 <b>The Melody Band</b><br/>1:00 Knitting</p>  | <p><b>31</b></p> <p>8:00 Walkers<br/>8:30 Exercise Class<br/>8:45 Chair Exercise<br/>9:30 Bean Bag Baseball<br/>10:00 Art, Cribbage<br/>9:45 Tai Chi<br/>10:45 "Heaven" Study<br/>12:30 Mah-jongg<br/>1:00 Dominoes, Needlework<br/>2:00 Chair Yoga<br/>4:00 Line Dancing Class</p>                                 |

## THANK YOU

Thank you to **Fazio's Ristorante** for hosting March's Dinner at the View and to **Eric Assheim, CSA of Oasis Senior Advisors** for Sponsoring the musical entertainment with Joel Meginsky. Over 125 seniors enjoyed a delicious dinner and a fun evening!



*A special thank you to all of our volunteers who helped make the event so successful!*



## MEMORIAL DONATIONS

A special thank you to Scott and Jill Monson and Kevin and Lori McCormack for their donation in memory of Jim McCormack and to Joan Devine for her donation in memory of Esther Rosati.



## TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 9:00 A.M. – 3:00 P.M. for East Longmeadow, Longmeadow, and Hampden Seniors.

Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation.

**48-72 hour notification is required for booking any transportation.** When booking appointments please have the complete address and phone number of your destination.

***\*\*For medical appointments we recommend calling as soon as you schedule your appointment\*\****

To schedule a ride please call **525-5412**

## COA LIAISONS

### ***Police Department***



Daniel Atwater  
413-525-5440

### ***Fire Department/Fire and Life Safety***



Chris Beecher  
413-525-5430

## PLEASANT VIEW STAFF AND CONTACTS

**Carolyn Brennan**  
*Executive Director*

**Lissa Fontaine, R.N.**  
*Health Educator*  
Ext. 1407

**Danell Tavella**  
*Community Services*  
Ext. 1402

**Alicia Smith**  
*Program And Volunteer Coordinator*  
Ext. 1406

**Sharon Giordano**  
*Accounting Administrative Assistant*  
Ext. 1405

**Meralee Kratovil**  
*Office Manager*  
Ext. 1404

**Terry Glusko**  
*Transportation Coordinator*  
Ext. 1410

**Barbara Fenney**  
*Dispatcher*  
Ext. 1410

**Leah Weaver**

*Administrative Assistant*  
Ext. 1404

**Grace Busto**  
*Chef*

**Margit Daley**  
*Kitchen Assistant, Dishwasher*

**Sandy Bell**  
*Meal Site Coordinator*



**MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436** [www.facebook.com/elseniors](http://www.facebook.com/elseniors)